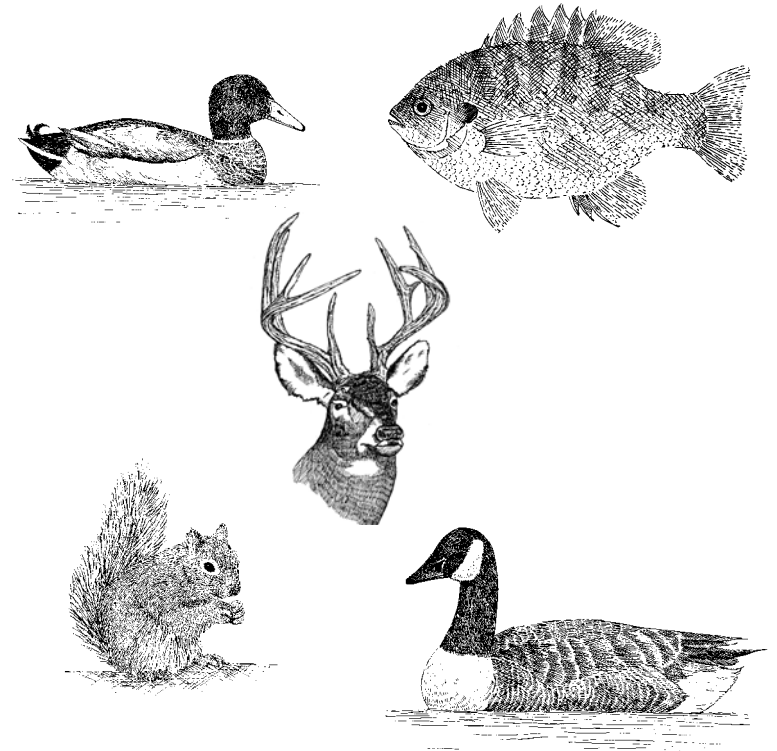




Outdoor Journey For Girls

Cooking Wild Game



Cooking Wild Game

Date: June 8-10, 2005



Wild game has a flavor all of it's own, but it is not gamey if taken care of properly. How you prepare your game from the kill to the table determines how it will taste. Always remember:

- Take care of your game promptly after harvesting. Clean, wash, package and freeze if you are not planning on eating it within a couple of days.
- DON'T smother your game in cream of mushroom soup every time you cook it. Mixed with other vegetables and spices, game has a great taste and can be tenderized and quick fried.
- To tenderize your meat, pound it and marinate it. Let the meat rest and absorb the spices in the marinade.
- Carefully cook your meat. You can overcook your game quickly if you are not paying attention. Overcooked game = tough meat with little flavor.
- Experiment! Use wild game like you would chicken or beef. There are many recipes that can be mixed and matched. The Pheasant in rice recipe was originally for chicken.



Baked Trout

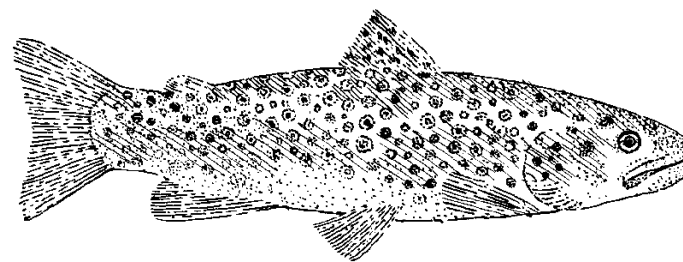
Trout—Rainbow, Brook, Brown

1 Large Onion

1 Stick Butter

Spices to Taste

Clean trout taking heads off, entrails out, and leaving the tail on. Wash with water to clean the outside of the fish skin. In the cavity of the fish, place cut up onions and cubed butter (about 1/4 of a stick per fish). Rub salt, pepper and other spices to taste onto the skins of the fish. Roll fish up in aluminum foil and place directly onto the coals. Fish should cook on coals for about 10—15 minutes turning once. When removing the trout from the foil the skin will come off with the foil, that is Okay. Be careful of the fish bones when eating, meat should flake away from most bones.





Pheasant & Rice Dinner

- 1 Tablespoon Oil
- 1 Pheasant Quartered
- 1 Can Cream of Chicken Soup
- 1 Soup Can Water
- 2 Cups Uncooked Rice
- 2 Cups Frozen Broccoli



Heat oil in a skillet and add the pheasant. Cook until browned on both sides. Remove the pheasant and set aside. To the pan add soup and water and bring to a boil. While boiling add the rice and broccoli and spices to taste. Turn the burner down to low and add the pheasant back to the pan. Cover and simmer for about 15-20 minutes until the rice is tender. Serve. Quail can be substituted for pheasant in this dish if desired.

Squirrel Gravy

- 2 Cans of Chicken Broth
- Milk
- Meat Off of 2 Squirrels

To a saucepan add 2 cans of chicken broth and then just enough milk to make the chicken broth white. Add the squirrel meat. Cook until the meat is heated through and the broth just starts to boil. In a separate bowl combine:

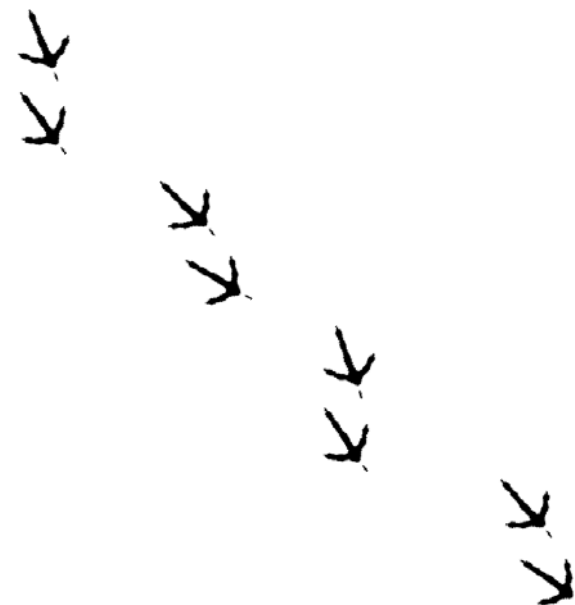
- 1/2 cup milk
- 2 Tablespoons Cornstarch

Add this mixture to the squirrel broth. After a few minutes the squirrel broth should thicken. If it is not a thick enough gravy, add more of the milk and corn starch mixture. Add salt and pepper to taste and 2 table-spoons of butter. Pour gravy over buttermilk biscuits.



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Canned Venison

Pint Jars
Tallow Pieces
Beef Bullion Crystals

When cutting up deer meat for canning, cut pieces into 1-inch chunks or smaller depending on personal preference. Pack meat into sterilized pint jars and add 2 teaspoons of beef bullion crystals and 1 tallow piece to each jar. Put sterilized lids on jars and hand tighten. Process for 75 minutes at 10 pounds of pressure. Every brand of pressure canner is different. You must follow your specific canner's directions for processing.

Baked Venison Stew

1 Can Diced Tomatoes
3 Tablespoons Quick Tapioca
1 1/2 teaspoons Salt
2 Pint Jars Canned Deer Meat
3 Potatoes
1 Onion
1 Cup Water
2 teaspoons Sugar
1/2 teaspoon Pepper
4 Medium Carrots
2 Celery Ribs
2 Slices White Bread



In a bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a 12-inch Dutch oven or 9X13 pan. Cover and bake at 375 degrees for 1 3/4 to 2 hours or until vegetables are tender.



Grilled Duck or Goose

Duck Cut From the Bone, Skinned and Cubed
1 Pound Package of Bacon (Hickory Smoked is Best)
KC Masterpiece Marinade or Homemade

If you like to marinate your meat, do so at least 30 minutes prior to grilling. Always keep marinated meat in the refrigerator until you are ready to cook your meats. Drain off excess marinade. Cut open your package of bacon and cut it in half. Wrap each piece of duck with one half slice of bacon and insert a toothpick into the meat to hold the bacon. To keep the flames from the grill down you can lay a piece of aluminum foil down and then grill on top. Cook about 20-30 minutes depending on the thickness of the meat and cut open to ensure the meat is no longer pink.

Goose Stir-Fry

Goose Breast Meat
KC Masterpiece Marinade or Homemade Marinade
Cabbage
Green Beans
Zucchini
Green Onions
Red, Green, Yellow, Orange Peppers
Celery
2-3 Tablespoons oil (Olive Oil is best)
1 Can Beef Broth
3 teaspoons Cornstarch and 1 Tablespoon Water

While the meat is marinating cut up all vegetables. Also cook your rice. Place about 2-3 tablespoons oil in the bottom of a wok or a wide fry pan. Let the pan and oil get very hot. Add all of the vegetables and continually stir for about 10 minutes. Push all vegetables to the side and place the meat in the center. Cook about 5-10 minutes depending on the amount of meat used. Cook until no longer pink. Reduce the heat and pour about 1/2 cup beef broth into the pan and boil. Combine the cornstarch and water and make a gravy with broth. Stir everything in pan to combine.